


Tri-Valley July 2016 Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
MEAL SITES: Franklin 508-520-1422 Northbridge 508 234-2002 Spencer 508 885-3904 Upton 508 529-9094 Webster 508 949-6640 Southbridge 508 764-1469 Oxford 508 987-6000 Milford 508 478-8102 Uxbridge 774 482-6174 Sutton 508 234-0703 Sturbridge 508 347-5063 West Brookfield 508 867-1411 Tri-Valley receives federal financial support under the Older Americans Act furnished by Central Mass Agency on Aging and the Massachusetts Office of Elder Affairs MENUS ARE SUBJECT TO CHANGE								1	
								BBQ Chicken Seasoned Potatoes Mixed Vegetables Peach Shortcake Diet = Peaches Pumpernickel Bread	
4 Independence Day		5		6		7		8	
<div><i>No Meal Served</i></div> <div></div>		Beef Stew/Rice Corn Niblets Mandarin Oranges Marble Rye Bread		Chicken Murphy Seasoned Potatoes Beets Vanilla Mousse* Pumpernickel Bread		Salisbury Steak Mashed Potatoes Peas & Carrots Fresh Fruit 100% Whole Wheat		Vegetable Cheese Bake Roman Vegetables Baked Apples* French Bread	
11		12		13		14		15	
Chicken Primavera w/Pasta Spinach Tapioca Pudding Diet = Diet Tapioca French Bread		Meatballs w/Onion Gravy Egg Noodles Country Vegetables Fresh Fruit 100% Whole Wheat		Pork Chow Mein Brown Rice Oriental Blend Vegetables Mandarin Oranges Pumpernickel Bread		Chicken Fajitas w/ Pita with Peppers & Onions Spanish Rice Scandinavian Vegetables Pineapple Sour Cream		Trout w/ Lemon Vinaigrette Sour Cream & Chive Potato Brussels Sprouts Cookie* Tartar Sauce Marble Rye	
18		19		20		21		22	
Hot Dog on Bun** Baked Beans Hot Potato Salad Melon Mustard Packet		Chicken Sausage Jambalaya Rice Pilaf Cauliflower Yogurt Italian Bread		Salmon Boat / Dill Sauce YukonGold Potatoes Peas & Pearl Onions Peaches 100% Whole Wheat		Beef Mediterranean Mashed Potatoes Mixed Vegetables Chocolate Mousse* Marble Rye		Lasagna Broccoli Mixed Fruit French Bread Garden Salad (Congregate)	
25		26		27		28		29	
Roast Pork w/ Gravy Mashed Potatoes Carrots Applesauce Pumpernickel Bread		Shepherd's Pie Peas Jardiniere Vegetables Pineapple French Bread		Bacon Omelet O'Brien Potatoes Green Beans & Tomato Fruited Ambrosia Diet = Diet Jello Marble Rye Bread		Chicken Cacciatore Penne Pasta w/ Tomato Sauce Italian Blend Vegetables Birthday Cake Diet = Plain Cake 100% Whole Wheat Bread		Potato Crunch Fish Lemon Seasoned Potato Peas & Carrots Fresh Fruit Tartar Sauce Pumpernickel Bread	